

City of Scottsdale

*Improving employee lifestyles
one degree at a time.*



--- Annual Continuing Education (CE) Required ---

Master's of Lifestyle Management

"Life Long Commitment"

Focus: Adopt & practice
healthy behaviors.

Prerequisite: Wellness BS

40 Wellness credits required

Expected time to achieve: 1 year

Achieve degree receive \$300
Maintain degree (20 CE credits)
receive one Wellness day off

Bachelor's of Wellness

"Taking Action"

Focus: Consolidate concepts to create a
personal healthy lifestyle plan.

Prerequisite: Wellness AA

40 Wellness credits required

Expected time to achieve: 1 year

Achieve degree receive \$150
Maintain degree (15 CE credits)
receive 1/2 Wellness day off

Associates of Behavior Change

"Change Preparation"

Focus: Learn & practice basic wellness concepts.

Prerequisite: Annual biometric & HRA participation

20 Wellness credits required

Expected time to achieve: 6 months

Achieve degree receive \$50

Annual Wellness Screening (biometric screening & health risk appraisal)

Complete receive \$10 gift card